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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FOR IMMEDIATE RELEASE:

ADULT WATER EXERCISE PROGRAM AT EIU

CHARLESTON, IL--The School of Adult and Continuing Education at Eastern Illinois University is offering an Adult Aquatic Range of Motion Class beginning Monday, Nov. 5.

This is a low impact water exercise program. Classes will be on Mondays and Wednesdays from 7 to 8 p.m. in Eastern's Buzzard Pool.

The registration fee for this class is \$27. Interested individuals should call (217) 581-5114 to register.